



# Washington Massage News

Affiliated with American Massage & Therapy Association

John H. Murray Editor

APRIL ISSUE

Port Townsend, Wash.

## WASHINGTON STATE PRESIDENTS MESSAGE

The need for an accredited college of massage therapy was stressed by Seattle president Arthur Dunbar at the local meeting, held at the home of Regina Williams on March 5th.

I mentioned in a former article that the present practicing massage therapists were getting on in years as time marches on.

Without such an accredited college here in the northwest, Seattle in particular, turning out new and younger students, our profession and association will be no more.

Several ideas were mentioned, among them, the Edison Technical School, where adequate space could be had but the teaching staff would have to be supplied from our ranks of practicing massage therapists.

It has occurred to me that unless the curriculum of the proposed school or college were carefully chosen from one of the more successful, of our already accredited colleges of massage the result would not be satisfactory.

My reason for this statement is this. At the present time we have a wide and varied assortment of techniques among our membership, many of them can hardly be related to massage. Many of them border on other branches of the healing arts.

With the passing of House Bill #16 with our amendments attached, allowing us the continued practice of massage therapy, our members should confine themselves more to actual massage therapy, rather than to manipulative techniques, reflexology, zone therapy and what might be termed bootleg electro therapy.

I have found that it is difficult to refer a patient to another therapist or have one referred to me, because of the difference in techniques practiced by our members. I have more referrals from medical doctors than from our members. I use the Ling system of Scientific Swedish Massage, which I believe is the basic principle for all massage, though there are many many deviations from it.

I feel that a college of massage, should have the very best foundation on the basic principles of massage routines which should be the major part of the course. In addition to this basic foundation he or she should have clinical training either in college or with a successful massage therapist.

It would be very confusing to a student to have one instructor who taught Swedish Massage routine, the next Japanese, Russian, or other routines, another reflex or zone therapy, massage with the body fully clothed or massage upon the bare skin, until the basic principles are mastered first.

(cont.)

# Washington Massage News



American Massage Therapy Association

-2-

I feel that each student should be taught all the various techniques, that he may make an intelligent choice of the techniques he may use in his practice because each and every one have their merits and can be successfully used at one time or another.

Fraternally,

Blossom G. Guntley, R.M.T.  
Washington State President

Dear Editor, Washington Massage News:

During the deliberations of our last State Meeting, it was agreed not to introduce a massage therapy bill in this present session of the legislature, acting on those instructions, we did not introduce a bill, but contented ourselves with nearly close watching the bills that were introduced, so that nothing would get past that would in any way harm our interests.

Before the legislature was in session more than a week, one of our contacts in the legislature mailed us a copy of House Bill #16, which later became substitute House Bill #16. This bill was known as the Physical Therapy Regulatory Bill, sponsored by the Registered Physical Therapists.

This bill contained certain language, that if so interpreted might harm us severely, and would at any rate prohibit any of us from using the term Physical Therapist in the future.

That would put any or all of us to the expense of changing our signs, stationery, phone advertisements, etc., also depriving us of our established rights and privileges enjoyed by us for so many years. There would have been a stiff penalty, if we did not make this change.

One of the sections contained a provision for any citizen, who could well be, an investigator, stool pigeon, prosecuting attorney, could file a complaint and have us prosecuted for referring to our work as physical therapy, or using the title "Physical Therapist".

Your legislative committee took action and prepared amendments and tried to have them considered in the House Bill were rejected. However, our friends in the Senate stood by us and the amendments were made part of the act and then were agreed to by the House. The bill was then signed by the governor with our amendments in the bill.

There will be in one of the next issues of the Massage News an explanation by an attorney just what our legal rights will be, under this bill and other legislation as soon as time will allow for this study.

The wording of this act, as it is now written suggests that any of us who are now or have been using the title physical therapist may still use it,

(cont.)

Dear Mr. Murray: I am very pleased to find your excellent edit at you are one of the

I presume you are still the editor of the Washington Message News. As far back as last summer I believe I was asked to write something for our "News" for the month of May, so here it is, although I am not much of a writer.

I have just finished reading a most interesting and informative article in the February issue of the Farm Journal concerning what is being done for stroke patients. It is especially interesting to me right at this time as my brother who lives in Walla Walla just had a severe stroke Tuesday afternoon. I was down there to see him yesterday. His right side is paralyzed and he cannot speak, in fact he seemed to be in a semi-coma yesterday and was being fed through the veins. I felt that I must do something for him so I gave him a Zone Therapy treatment, also exercised the paralyzed arm and leg a little. Today I called and his daughter said that he was able to eat some breakfast this morning also smile real big from one side of his mouth. After reading this article today I wish that I had exercised him more than I did.

In large letters this article starts out..I quote, "WE CAN RESCUE STROKE PATIENTS---WHY DON'T WE?--If you have one, fight for him! Don't give up and don't let your doctor give up. Read this article and you'll see why."

I cannot copy the entire article but will try to give you the most important parts of it, I quote --

"This is a shame of our times: A million Americans are crippled, stuck with wheelchairs, even bedfast-and they don't need to be. They are stroke victims, medicine's forgotten people."

The tragedy is that nearly all could be up walking, caring for themselves, looking forward to living. Except that their children don't expect them to, most doctors don't expect them to, and the patient themselves therefore give up hope.

After the stroke, they lie in bed stunned, frightened. In 24 hours, the affected arm starts curling, tightening, the leg turns out, the heel tendon shortens, pulling the toes downward. When the patient out of desperation with bed-tries to get up, his side is so stiff, his leg so painful that even the most determined gives up.

Since war's end, Dr. Rusk's work at New York University Medical Center has dramatized the fact that most stroke patients can be taught to walk and take care of themselves in six to eight weeks."

In the article it says to get your doctor to order the Public Health Service's Manual, STRIKE BACK AT STROKE.

So we begin to see how they are finally using Physical Therapy and Muscle Re-education to help the stroke patient. A local nurse is going to

but no one may in the future use that title unless they are a registered physical therapist.

This is the type of bill we must always be on guard for, or some time, one will slip through that will make it impossible for us to operate in any fashion.

The cooperation of our own members was very poor. I as your legislative committee chairman, had asked for certain figures regarding the number of patients and number of treatments given by each therapist, only five responded. I also appealed to a local group of non-members who supported me with vigor and enthusiasm. Due to our victory with this bill with its supporting amendments, there is every reason to believe that this group of therapists will soon affiliate with us and bring the Washington membership up to somewhere its old strength.

Fraternally,

Arthur B. Dunbar, R.M.T.  
Legislative Committee Chairman

Dear John:

As a new member of the A.M.T.A. I have observed the different attitudes our members seem to have about raising their sights as far as Professional standing is concerned.

Our members are proud to place R.M.T. behind their names which stands for Registered Massage Therapist. This is Registered with the American Massage and Therapy Association.

We should all be proud to be affiliated with an organization that is looking ahead and doing the things our organization is doing legislatively.

What I am trying to say is that we should hold our heads high and be proud of our profession, call ourselves Massage Therapists and unite in an effort to become recognized for what we can do and what we stand for.

We should join community affairs and clubs, and become active in our community as a professional man and citizen. Take part in community affairs and be proud of our profession and let us make our profession proud of us.

Fraternally,

Edmond L. Miller, R.M.T.  
2235 - 76 S.E.  
Marion Island, Washington

Dear Mr. Murray:

I presume you are still the editor of the Washington Message News. As far back as last summer I believe I was asked to write something for our "News" for the month of May, so here it is, although I am not much of a writer.

I have just finished reading a most interesting and informative article in the February issue of the Farm Journal concerning what is being done for stroke patients. It is especially interesting to me right at this time as my brother who lives in Walla Walla just had a severe stroke Tuesday afternoon. I was down there to see him yesterday. His right side is paralyzed and he cannot speak, in fact he seemed to be in a semi-coma yesterday and was being fed through the veins. I felt that I must do something for him so I gave him a Zone Therapy treatment, also exercised the paralyzed arm and leg a little. Today I called and his daughter said that he was able to eat some breakfast this morning also smile real big from one side of his mouth. After reading this article today I wish that I had exercised him more than I did.

In large letters this article starts out..I quote, "WE CAN RESCUE STROKE PATIENTS---WHY DON'T WE?--If you have one, fight for him! Don't give up and don't let your doctor give up. Read this article and you'll see why."

I cannot copy the entire article but will try to give you the most important parts of it, I quote --

"This is a shame of our times: A million Americans are crippled, stuck with wheelchairs, even bedfast--and they don't need to be. They are stroke victims, medicine's forgotten people."

The tragedy is that nearly all could be up walking, caring for themselves, looking forward to living. Except that their children don't expect them to, most doctors don't expect them to, and the patient themselves therefore give up hope.

After the stroke, they lie in bed stunned, frightened. In 24 hours, the affected arm starts curling, tightening, the leg turns out, the heel tendon shortens, pulling the toes downward. When the patient out of desperation with bed--tries to get up, his side is so stiff, his leg so painful that even the most determined gives up.

Since war's end, Dr. Rusk's work at New York University Medical Center has dramatized the fact that most stroke patients can be taught to walk and take care of themselves in six to eight weeks."

In the article it says to get your doctor to order the Public Health Service's Manual, STRIKE BACK AT STROKE.

So we begin to see how they are finally using Physical Therapy and Muscle Re-education to help the stroke patient. A local nurse is going to drop by tomorrow and leave one of these manuals with me.

T.M.R., eppoh Hooyl vq bestjindus

-5-

Perhaps many of you have read this article, but for those who have not it might be very worthwhile for you. One never knows when someone near and dear to them will have a stroke and then is when you want to know everything there is to know about it. As I looked at my brother yesterday, lying in bed, so helpless, didn't even seem to know me, and being fed through the veins, being in the hospital, I thought, "what can I do"? Well naturally I went to work with my hands.

Due to a recent experience I would like to write about worms. Now I realize that it isn't a very pleasant subject but I do believe there are more children and adults suffering from being infested with them than is realized.

About four months ago a young married woman came to me for treatments. Her symptoms: Constant fatigue and severe pain most of the time. This pain started over the region of the right kidney and came on around to the gall bladder area. The patient had had a thorough check-up by a local M.D. When he could not diagnose her condition he sent her to a good diagnostician. After he had finished with his examination, tests, and etc., the patient went to the office for his diagnosis. He just told her he thought she would feel better when spring came. In other words he could not determine what was wrong either and as much as said it was all in her head. By this time the poor woman was quite discouraged as she knew she wasn't imagining that pain.

She came to me. I gave her a few treatments and she was feeling better. Then her mother had a stroke. She was busy with her and worried of course. After all this happening, her pain returned. About this time she took her young son to a child specialist in Spokane. Upon examination, he found the child infested with worms. He ordered the child and the parents to take some worm medicine. After taking the medicine, the mother lost her pain entirely and has been free from it since.

I will enclose a simple remedy for worms:

1 handful ground pumpkin seed, 1 pint water, boil 5 minutes, strain, take 2 Tablespoons 2 times daily for two days then take a good laxative...repeat in 30 days.

I know I haven't been very active in our Washington chapter in recent years and yet this association is very dear to my heart. Being a charter member, I think many times of the beginning back in 1943 and realize we have come a long way since then. What I cannot understand is why our members would want to drop out of the A.M.T.A. I sincerely hope we can build our Washington chapter up to the membership we used to have. "United we stand," Divided we fall.

I only work part time as my husband doesn't want me to practice much and then I am down here in this little corner of the state alone so I miss being able to attend more meetings and the fellowship of our members. I am

Submitted by Pearl Hoppe, R.M.T.

### WORRY WARTS

Living is so complicated these days, folks don't even worry right.

For instance:

We worry about the Russians, then get run over by a neighbor's car.

We worry about radio-active fall-out, then get poisoned by nicotine or by spraying the flowers.

We worry about the youngsters running in front of the cars, then drag them across the street against

the warning of the red light.

We worry about crashing in an airplane, then fall off a ladder painting the house.

We worry about getting enough exercise, then drive two blocks for a cup of coffee.

We worry about getting the car greased every thousand miles, then never get a medical check-up.

We worry about retirement, then go about carelessly to keep from lasting that long.

We worry about H-bombs, then blow our heads off by smoking around gasoline.

We worry about polio, then get crippled by running into a power lawn mower.

We worry about tornadoes, then get liquitated in a traffic accident.

Chatham Blanketeer

"From Sunshine Magazine"

This issue of the Washington Massage News will be my last effort as your editor, Stewart Piper has offered to give his services in that capacity and has been authorized by President Blossom Guntley to assume that duty for the coming year.

I shall deliver the duplicator equipment, files, etc., to Stewart Piper and assist him in getting started with the May issue. I am sure the membership has appreciated his efforts to give us worthwhile material to keep (cont.)

the Massage News functioning.

**Editor**

Dear John:

This will confirm the statement I made at Mrs. Williams', that, I will take the editorship of the paper for a time and do my best to do as fine a job as you have done. I believe that your efforts have been great and your results good considering how little support you have had from the profession.

How far I shall go with the paper will depend largely upon the rest of members and their desire to receive a publication at all.

As many others have done I wrote to Governor Rosellini and received a reply from him thanking me for the expression of my opinion and advising me that I would be pleased to know that he had signed our bill. I assume he signed it and the amendments as we requested. I shall be anxious to know if it was complete as we requested.

Now that this is settled we must all settle down to our Daily Work, and I might say this on the subject of

Some of our would be and ready made philosophies contend that this world in which we live today, is the best of all possible worlds. This conclusion is extremely hard to accept when we perceive that the whole object of proper human effort is to make this a continuously better world.

Often in the course of the life of an individual there comes a time when there is little left for he or she to do to mitigate the blow of a calamity or a bereavement, but to cultivate poise and strength to prevent one from sinking as a result of the blow, or to evoke the mental buoyancy which will restore one to health of body or mind again.

Our daily work is one of our greatest mediis to help us cultivate powers of tranquility. This work must become deliberate and consecrated if it is to be a safeguard to us.

We must have daily purpose and aim; our work must not be occasional or spasmodic; but rather it should be a purpose of steady action.

A life of soft idleness, or an empty life just cannot fit the pattern for happiness for the simple, indisputable reason that happiness is never attained when it is the direct object of pursuit.

Without doubt there are now and then and there will again be times in our lives, and in our appointed tasks and our daily duties, when these duties seem arduous, difficult and even unfitted to our temperament; or they may at times even be disagreeable.

Very often, however, the discipline of our disliked duties may discover and bring forth some of the strongest qualities of our mind; for they will engender our discontent with existing circumstances that is the chief source of our ability to improve them.

So it must be with all of us in our organization. We just cannot be content and satisfied with things as they exist. If we have acquired favorable legislation we have just begun, for now we must strive for harmony and progress in our association.

We must all accept our personal responsibility to our association, not for its name or the self centered desire to be a member in hope of greater prestige and personal gain, but because we are not satisfied and we want to do more, to serve better, and thus further ourselves by doing for others.

John: I do not know how well I shall do as editor of the paper, but this I promise, I shall do my best to serve and with patience and help from the rest of our group we can become a vital organization.

Thank you for your many courtesies extended me in the past. I sincerely hope you will favor me with your continued friendship, and I certainly will appreciate any and all help from you and all others of the profession.

Yours truly, R.M.T. Piper

John T. Piper

the Message News functioning.

**Editor**

Dear John:

This will confirm the statement I made at Mrs. Williams', that, I will take the editorship of the paper for a time and do my best to do as fine a job as you have done. I believe that your efforts have been great and your results good considering how little support you have had from the profession.

How far I shall go with the paper will depend largely upon the rest of members and their desire to receive a publication at all.

As many others have done I wrote to Governor Rosellini and received a reply from him thanking me for the expression of my opinion and advising me that I would be pleased to know that he had signed our bill. I assume he signed it and the amendments as we requested. I shall be anxious to know if it was complete as we requested.

Now that this is settled we must all settle down to our Daily Work, and I might say this on the subject of

Some of our would be and ready made philosophies contend that this world in which we live today, is the best of all possible worlds. This conclusion is extremely hard to accept when we perceive that the whole object of proper human effort is to make this a continuously better world.

Often in the course of the life of an individual there comes a time when there is little left for he or she to do to mitigate the blow of a calamity or a bereavement, but to cultivate poise and strength to prevent one from sinking as a result of the blow, or to evoke the mental buoyancy which will restore one to health of body or mind again.

Our daily work is one of our greatest media to help us cultivate powers of tranquility. This work must become deliberate and consecrated if it is to be a safeguard to us.

We must have daily purpose and aim; our work must not be occasional or spasmodic; but rather it should be a purpose of steady action.

A life of soft idleness, or an empty life just cannot fit the pattern for happiness for the simple, indisputable reason that happiness is never attained when it is the direct object of pursuit.